

**VOLUNTEERS OF AMERICA OF ALASKA
MCKINLEY HEIGHTS SCHOOL
WELLNESS POLICY**

School Wellness

McKinley Heights School believes that the intellectual, social, emotional and physical development of each student is enhanced by healthy nutrition and physical activity. McKinley Heights is committed to promoting and protecting student's health, well-being, and ability to learn by encouraging lifelong habits of healthy eating and physical activity.

The Food Services Manager will be responsible for implementing the school wellness policy and reporting on its status to the Program Coordinator. The Program Coordinator has made it a part of the training module for all staff upon hire.

Physical Activity

All students in grades 9 -12 will receive support, encouragement, and opportunities to be physically active on a regular basis. Physical activity supports physical growth, brain development, resistance to disease, emotional stability and enhances a student's ability to learn.

Physical activity, in addition to formal physical education classes will be encouraged. Ideas for integrating physical activity throughout the day will be developed and disseminated to staff.

McKinley Heights will provide regular, age-appropriate, quality physical education, including instruction on year-round outdoor and indoor activities contributing to life-long habits of physical activity.

School personnel will encourage students' to participate in physical activity on a daily basis.

Nutrition Education

Nutrition education will emphasize the relationship of a balanced diet and regular exercise to good health, and will stress the importance of adopting a healthy lifestyle.

Ongoing professional development will be provided to inform teachers about current nutrition information. School personnel will strive to model good nutrition. Nutrition information will be shared with parents upon admission of their student's as well as at Volunteers of America's Community Night presentations which are held by-monthly on "Feeling Food, Feeling Healthy" for both parents and students.

Nutrition Education will be integrated across the curriculum and include healthy cooking methods, consumer awareness and media literacy. Only items which meet the healthy food and beverage guidelines may be advertised at McKinley Heights School.

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Food and Beverage Provided by McKinley Heights School

Student nutrition services and all other food and beverage venues will offer a variety of affordable, nutritious food and beverages that meet the health and nutrition needs of students.

Food and beverage provided by the school during the school day will meet healthy food and beverage guidelines as defined by administrative regulation. The regulation may include a timeline for phasing in implementation and will address specific issues such as dehydration, Vitamin D deficiency in winter and special dietary needs.

McKinley Heights School breakfast and lunch program will continue to meet or exceed the nutritional criteria of the School Meals Initiative.

McKinley Heights School will provide a clean and safe eating environment, as well as adequate time and space to eat breakfast and lunch. Drinking water and hand-washing facilities will be conveniently available at all times. Using food as a reward will be discouraged.

A list of healthy classroom snacks will be disseminated to parents and teachers.

Other School-Based Activities

McKinley Heights School will actively develop and support the engagement of students, families and community partners in providing and participating in healthy school-based activities for students.

McKinley Heights School will actively promote healthy eating choices and physical activity through websites, newsletters, posters and at school. The school will provide information to families on how students can be safe and healthy in outdoor environments, including winter survival information.

McKinley Heights School will encourage involvement by students traditionally under-represented in student activities and will solicit and honor student input whenever possible.

McKinley Heights School will offer a range of activities that meet the needs, interests and abilities of all students including a diverse selection of competitive and non-competitive, structured and non-structured activities.

**VOLUNTEERS OF AMERICA ALASKA
POLICY AND PROCEDURE
STAFF MEALS AT ARCH**

Meals are provided to ARCH employees due to the fact that they cannot leave the facility while on shift and are required to site the clients during meals. Volunteers of America Alaska has designed this policy to reflect this need while complying with grant conditions and the federal school lunch program regulations.

Procedures:

1. Breakfast will not be provided to any staff members. Staff members can eat breakfast items only if there are leftovers after all the kids have finished breakfast.
2. Staff can eat meals at lunch or dinner if it occurs during their shift unless it is at the end of their shift. For example if an employee is off at 6:00 and s/he do not need to sit at the table to monitor the clients then s/he would not be eligible for dinner.
3. Employees need to follow the serving sizes the clients are held to. This allows employees to model for the clients.
4. Employees having meals at ARCH will need to eat what is being served. If employees bring in their own food it must meet ARCH nutritional guidelines to go outside of the breakroom.
5. Leftovers are the only food items employees can eat outside of eating meals while monitoring clients unless the leftovers are marked otherwise.
6. VOA cannot provide snacks or snack food to employees. This includes snacks served during snack time, and such food as fruit, crackers, cheese etc. Employees will need to bring their own snacks to work if they want to eat between the provided meal(s).
7. Staff attending training workshops at ARCH are not eligible for meals during the training times.

Food Lunch program:

Staff members must be accurately recorded for the food lunch program. The food service manager or designated staff will need to verify and record staff meals that are a part of the school lunch program.

Reviewed: 10/2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016